



Armed Forces Retirement Home

Communicator

VOLUME IX NUMBER 11

GULFPORT, MS - WASHINGTON, DC

NOVEMBER 30, 2012

Majestic...powerful....graceful

AFRH-G is part of Budweiser

Clydesdales Veterans Appreciation tour

By Sean Campbell, Recreation Specialist

Beautiful weather welcomed the Budweiser Clydesdales to AFRH-G on Nov. 17th. Nearly a hundred residents and guests were on hand to witness the world famous horses as they unloaded and paraded around the grounds for residents. The Budweiser Clydesdales' history is an interesting glimpse into our pastime. On April 7, 1933, August Busch Sr. was surprised by his sons with a gift of a 6-horse Clydesdale hitch to

commemorate the repeal of prohibition. Realizing its marketing potential the hitch was used in various ceremonies to celebrate the victory over prohibition. The hitch was later increased to 8- horses and a Dalmatian added as the mascot in 1950. Today, Anheuser Busch owns more than 250 Clydesdales and they can be viewed at the Anheuser Busch breweries in St. Louis, MO, Merrimack, NH, and Ft. Collins, CO. They can also be viewed at Grants Farm in St. Louis, and at Warm

Springs Ranch, the 300+ acre Clydesdale breeding farm located near Boonville, MO. The Clydesdales are typically on the road, traveling 10 months out of the year.

Ten horses with an expert crew and the famous Red and White beer wagon travel on three 50 ft tractor trailers. The trucks are equipped with thick rubber flooring and air-cushioned suspension for the "gentle giants" comfort, as well as an in-cab camera system for staff to monitor them during the travels. Once hitched, the unit is a massive 12 tons of wagon and horses with 40 pounds of harness line for the driver to manage. The Clydesdales possess a lot of history and tradition and it was a wonderful opportunity to have them visit AFRH-G as part of their travels honoring the military.



Residents watch as the Clydesdales are tacked up and ready to go for a spin around the front circle.

Entertainment Cruises and the Washington Waterfront Association

Thanksgiving cruise aboard the Odyssey



By Carol Mitchell

Wow! What a wonderful day! On Tuesday, November 20th, over 40 Residents of the AFRH-W were invited by the Capitol Yacht Club to attend a Thanksgiving cruise aboard the Odyssey. The service and thoughtfulness was first rate! Pictures were taken with active duty military in dress uniforms boarding the boat and residents were given these pictures as memento before departing. Residents were then escorted to tables and seated with military hosts who assisted residents with any needs and provided great conversation. The cruise was made even more entertaining by a live military band, a DJ, and a delicious Thanksgiving lunch. While dining and listening to great music we saw such sights as Fort Leslie McNair which is the oldest active military installation in the United States, the Naval Research Laboratory, Reagan National Airport, and many other historical sights. Some of the other residents joining the AFRH residents on the cruise included the Veterans Administration and the Wounded Warriors. Special thanks to the Capitol Yacht Club who have been putting on this lovely event yearly for veteran's both active and retired for the past 6+ years. A great time was had by all!

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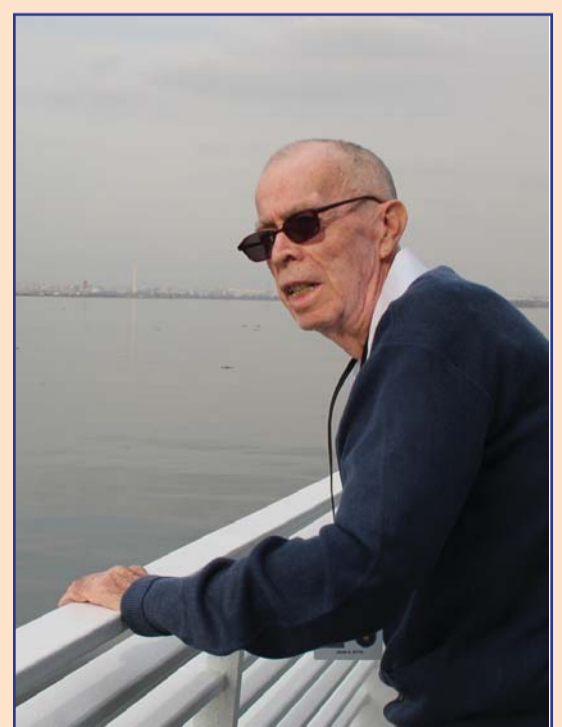
AFRH-G's newest Potter

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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home.
<http://www.carf.org> <http://www.carf.org/aging>



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address: AFRH_PAO@AFRH.GOV. A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

By Ruby Woods-Robinson, M.S.L.S.

Wanda Webb was born in Quitaque, Texas, to Jesse Hugh and Hazel Carter. Her dad died when she was 10 months old and she, her mother and sister moved to Lockney, Texas, to live with grandparents.

Wanda's mother later remarried and they moved to a farm eight miles from Lockney on a dirt road. Wanda said at this time the family grew in size to a sister, step sister, step brother and later two half-sisters. She attended both elementary and high school in Lockney.

After graduation Wanda moved to Plainview, Texas, where she worked for Southwestern Bell. She later moved with her sister, Lynna, to Albuquerque, New Mexico. There she worked for Mountain States Telephone Company.

Being adventuresome she decided she wanted a more exciting life and after discussion with her military brother-in-law she joined the Navy. Wanda was the first Wave the Chief in charge of the recruiting office in Waco, Texas, had recruited, and he was not about to let her get away. He and his wife took her to the train station to see her off.

Wanda went through boot camp at Bainbridge, Maryland. She remembers getting out of the taxi dressed in a red, white and blue dress and looking up at the entrance and reading the sign which read, "Through These Portals Pass the Greatest



Wanda Webb

Women on Earth." She thought, "I am going to be busy."

After boot camp, Wanda received orders to Norfolk, Virginia, where she served her three plus years in the Navy. She worked in the 5th Naval District Headquarters communication center receiving messages from shore stations and sending to stations they were responsible for. She transferred to the message center where she checked incoming messages making sure they were properly routed and delivered to all departments within the 5th Naval District Headquarters. She was also secretary to the Head of Communications, but admits she was not a good secretary. Wanda also established and maintained the classified material department in the message center. She was responsible for typing, maintaining files and distributing classified material to ship and shore stations.

During this time Sears and Roebuck established what was called "Navy Night" and they used all Waves and sailors for models. She was chosen to be a model and of course this was exciting even though it was a short lived modeling career.

Wanda met Obie Webb through a mutual home town friend. Obie was stationed in Norfolk, but received orders to a submarine stationed in Key West, Florida. This was when Wanda got out of the Navy. They have been married 56 years and have one son Dennis who works for the U.S. Corp of Engineers at the Water Way Experiment Station, Vicks-



Wanda and Obie Webb have been married for 56 years.

burg, Mississippi, and daughter in law Anita and one grandchild Blair who is a sophomore at Mississippi State. Wanda says there is one person she keeps up with that she knew in the Navy. Master Chief Brock who is 92 years old and still lives in Norfolk.

After Wanda got out of the Navy and moved to Key West she went back to work for Bell Telephone Company. Wanda and Obie moved into the Armed Forces Retirement Home in 2003. They enjoy their life here.

Wanda said, "the military has always been good to us."

AFRH-W Veteran Highlight

By Christine Baldwin

Roger Polhemus was born in November 1926 in Greenfield, Massachusetts. He volunteered in 1944 after graduation from high school and joined the Army. After basic training, Roger took the Specialized Training Reserve Project to become an engineer. But this wasn't the career for him, so he requested to go on active duty. His first tour was in the Philippines in 1945. Roger then did occupation duty in Japan until his discharge in March 1946. He reentered the service in October 1949 and retired from the Pentagon in 1967.

Roger had many jobs after retiring including working at the HON Company, which provides metal office furniture. He came to the home in June 2012 and has been an active resident, always ready for an upbeat comment.



Roger Polhemus with family members.

AFRH-Washington

December 2012 key events

-December 4th-Tree Lighting Program-Sheridan main floor lobby

Time: 6:30-8:30 p.m.

-December 7th-Pearl Harbor Remembrance Ceremony-Sheridan main floor lobby

Time: 10:00-11:00 a.m.

-December 14th-Holiday Dance-Jerry's Diner

Time: 7:30 p.m.

-December 24th-Egg Nog Social-Sheridan main floor lobby

Time: 7:30-9:00 p.m.

Message from the Chief Operating Officer



Cheryl Ann Borden, USN. Captain Borden briefed the Council on the FY 2012 National Defense Authorization Act (NDAA) mandate regarding the designation of a Senior Medical Advisor to AFRH. Per the NDAA the Secretary of Defense (SecDef) shall designate the Deputy Director of Tricare Management Activity (TMA) to serve as the Senior Medical Advisor to AFRH. The Senior Medical Advisor provides advice to the SecDef and the Under Secretary of Defense for Personnel and Readiness – USD (P&R), the Chief Operating Officer, and the AFRH Advisory Council regarding direction and oversight of the following:

- 1) Medical administrative matters at AFRH-Gulfport and AFRH-Washington.
- 2) Provision of medical care, preventive mental health, and dental care services at each facility.

The Senior Medical Advisor Brigadier General (BG) Bryan Gamble, Captain Cheryl Ann Borden and Ms. Margaret Class visited both facilities in 2012. During the on-site visits, AFRH provided an update on current health care initiatives, accreditation, and inspection status. While on-site the TMA team visited the Wellness Centers, Long Term Care, Memory

This past month has been very busy for the Armed Forces Retirement Home. Even though we are right in the middle of the holiday season we continue to move forward at AFRH.

This month AFRH hosted the AFRH Advisory Council in Washington. One of the key presentations was presented by the Executive Officer, Tricare Management Activity, Captain

Support and Assisted Living units. As part of the review, the team reviewed Resident medical records at both facilities. AFRH provided the Senior Medical Advisor with CARF/CCAC Inspection reports, DOD IG initial out-brief reports, staffing reports, level of care transfers along with several other requested documents which allow the team to review findings and recommendations from outside inspection teams.

BG Gamble is currently working with the review team to provide a complete report to include their recommendations to AFRH leadership, Advisory Council, DoD IG Team and USD (P&R). This type of review to include the recommendations will be beneficial to both facilities but more importantly to each Resident.

We look forward to the next AFRH Advisory Council meeting to be held in Gulfport during the Spring.

This time of year, many Residents will reflect on holidays and family gatherings in the past. Please keep in mind that AFRH is your family as well. Our most important job at AFRH is making sure that all Residents’ medical, social, and physical needs are met daily. A key member of the AFRH



David Lentz, AFRH-W Administrative Officer, provides a brief outline to Captain Cheryl Ann Borden (representing BG Gamble, Deputy Director, Tricare Management Activity) and AFRH Advisory Council Chair, Colonel Randall White, Chief, Budget Operations Division, AF/SAF/BOO Pentagon during the AFRH Advisory Council meeting.

staff is the Ombudsman who is an advocate for all Residents. The Ombudsman will listen, identify concerns, complaints and work to resolve each Resident issue. Working with the Ombudsman is normally the fastest and most effective means to problem solving.

I will provide answers to the COO Q and As in the December 2012 Communicator. Have a wonderful holiday!

Steven McManus

AFRH Medical Director

PT/INR Self testing in the comfort of your home

By Sissay Awoke, M.D., FACP, CMD,
AFRH Medical Director

Coumadin (Warfarin) treatment must be closely managed because it has a narrow therapeutic range. Increased numbers of physicians are recommending that their patients self-test their PT/INR because recent clinical research has demonstrated that patients on daily oral anti-coagulants that check their PT/INR levels at least once a week stay in the therapeutic range compared to those who do not test at least once a week. Those who test weekly also have fewer complications. Frequent testing also allows for a more timely ad-

- justment of medication dosage, if needed.
Benefits of PT/INR testing at home include:
- Reduced medical complications
 - Saves time
 - Conveniently fits the individual’s schedule
 - Affords more control
 - Less worry

The testing meter is similar to the one used by diabetic patients to monitor their blood sugar. It comes with the supplies needed to perform the test and pertinent instructions on how to perform the test.

If you are being treated for a mechanical heart valve, atrial fibrillation, deep vein thrombosis, pulmonary embolism, or other hypercoagulable states, then the testing meter and its supplies are covered by Medicare and also by most insurance plans. Your healthcare provider must prescribe the service in order to be eligible for Medicare coverage and insurance reimbursement.

Senior TV Service Basic Cost Information

- Basic Satellite TV Service has a Flat Fee of \$30.00 per month. (No additional fees or taxes are added).
 - Basic Internet Service has a Flat Fee of \$20.00 per month; plus a one time purchase fee for the modem of \$49.00 (No additional fees or taxes are added)
 - Combined Satellite Service and Internet Service has a Flat Fee of \$40.00; plus a one time purchase fee for the modem of \$49.00 (No additional fees or taxes are added).
 - There is NO setup charge for Senior TV Services for first time subscribers. There IS a setup charge of \$30.00 to add or change a service after the initial subscription.
 - There will be a \$30.00 setup charge for subscribers who change rooms at their request and wish to move their service(s).
 - There is NO cancellation charge for Senior TV Services.
- Please direct any questions concerning Senior TV to Resident Services.*

From the AFRH-W Administrator



A Word of Warning: Home oxygen equipment is a lifesaver. A medical device, it allows people with breathing problems to remain at home and lead a normal life. But like any medical device, it

can be deadly. Home oxygen is pure O₂ — the fuel required for fire to burn. In the presence of an open flame or spark, pure oxygen can ignite. And if a fire is already burning, bottles of home oxygen can suddenly and violently explode or release their contents into the fire, giving it more fuel, and quickly turning a small fire into a massive blaze. These fires can be more deadly for residents and more dangerous for responding firefighters. No one using oxygen can be sure that there is not a leak of the gas. A good number of our Residents use oxygen and it helps them tremendously. But do not smoke — ever — while around any oxygen source. Smoking is a leading cause of fires in the US. Only smoke in designated areas. And any smoker who uses oxygen, do not take your oxygen source near you when you are smoking.

To use British jargon, the trip to the Royal Hospital Chelsea was “brilliant”. Residents Ken Faller, Nelson Jamison, Corrine Robinson and Billy Ray White traveled for eight days with Sue, my wife and me to visit our sister facility in London. Colonel Rupert Lucas, along with his wife, Michele and four of the Pensioners (Alf, Malcom, Michael and Tom) from the Royal Hospital cared for us and delighted us with a time that we will not forget.

Upon arriving Tuesday morning on 6 November, we were going nonstop and experiencing things almost too wonderful for us. Each day we traveled to see a site and or participate in an event. Some of the places we visited were Windsor Castle, St. Paul’s Cathedral, the Cutty Sark (a British Clipper Ship built in 1869 that was one of the fastest in the world) and the Maritime Museum in Greenwich, and the Tower of London where we saw the new display of the astonishing Crown Jewels. We sped up the Thames River in a powerful and fast boat and Ken Faller, being the sailor he is, steered us without any negative effect. We ate at two pubs, one which opened in 1545 and another, the Albert in Victoria that was one of the loudest, most happening places I’ve ever entered. We road on a double decker bus and took loads and loads of photos.

While at the Tower of London, Jimmy our Beefeater Guide, enthralled us with his descriptions of much of went on there in its 1000 year history. We even saw the block of wood and axe at the Tower Museum used for decapitations. One of the accounts Jimmy told was that the executioner was often paid by those who were going to have their heads chopped

off for one clean, powerful and merciful chop. Most of those readily paid him but there was one 80 year old woman who refused to do so and cursed him and in turn it took 64 hacks before she finally lost her head. King Henry the VIII had three of his wives beheaded at the Tower.

We toured the bomb sheltered War Rooms where Winston Church led the efforts with his Cabinet, Allies and Military Commanders during the War. Walking through these rooms was a real-life experience of what leaders must do when in battle.

The Royal Hospital serves veterans of the Royal Army. It was begun in 1682 by King Charles II who determined to make provision for the soldiers who had served the Kingdom. It is a very special and historic Home where all the Pensioners wear uniforms, take part in marching drills and represent the Royal Hospital world wide in many different types of events. They are proud of who they are, where they live, their uniforms and are honored by the entire world. Over a year ago women were allowed to be admitted and there are six women who live there now and understandably have much attention given to them. Our hosts helped us feel very welcome and provided for us a wonderful time with making memories, fantastic food and parties, and even some ideas that just might fit our life at the AFRH-W very well. For me, the pinnacle of events that we took in was the Festival of Remembrance at the Royal Albert Hall on Saturday. Remembrance Day in Great Britain is kin to our Veterans’ Day but to me, it seemed as if the entire population joined in more than we do in the USA. The Festival included being entertained by once in a lifetime line up of world-class talent, all of whom donated their time to help mark the occasion. The music by the military bands, the London Symphony Orchestra, the 300 voice choir, and music groups like the Overtones, Amore, and three soloists including Rod Stewart was stately and magnificent. The ceremony centered on a worship service called a “Drumhead Service” involved vast emotion and beauty. The tradition of the drumhead service dates back to 1807 when on the battlefield and there were no churches or altars available, drums would be stacked and a brief worship service would take place there remembering those who had made the ultimate sacrifice. Remembrance Day is for those who had lost their lives and those who today put themselves in harm’s way far from home and those who will be called upon in the future. I will not forget the way the British remember their own.

For the remarkable people who helped us join themselves in a wonderful week, we owe a debt and that is why our two homes (The Royal Hospital and the AFRH-W) will continue the sister relationship between the two.

David Watkins



One of many stops during the trip to London was the Churchill room. Pictured here are Royal Hospital Chelsea Pensioners (in red) along with David Watkins, Sue Watkins, Corrine Robinson, Ken Faller, Billy White, Nelson Jamison, and Colonel Rupert Lucas.



Ken Faller, Corrine Robinson, Nelson Jamison and Billy White along with Royal Hospital Chelsea Pensioners on a walking tour in London.

US Marine Corps celebrate 237th year



SSGT Nicole Hammerle from Defense Intelligence Agency (DIA) cuts the cake with Mary Tickner, USMC WWII.

Notes from the AFRH-W, Chairman, Resident Advisory Committee



This is the last issue of the Communicator before the holidays, so the floor representatives and committee members of the Resident Advisory Committee and the members of the RAC sub-committees wish all residents a

happy and joyful holiday season. We are sure that the AFRH staffs will be striving to provide events and an atmosphere of joy and comfort, as always, during this season.

The RAC-W has been working to establish the committees and procedures that can best support our mission. The following is a list of committee chairpersons;

Food Services (aka Dining) Committee – Robert Brown

Morale, Welfare and Recreation –

Smoky Prussman

Health and Wellness – Charles A. Jones

Honors – Dallas Jones

Resident Fund Advisory – Me, Joe

Wachter

Two new committees are being established, they are;

Campus Ops and Security – Smoky

Prussman

Master Plan – Van Hayes

There are few interesting projects RAC-W has been coordinating. We had the opportunity to assist in the naming of the facilities in the new Scott Building. We will be reporting the names of those facilities as soon as we know they are approved by the administration. We were asked to participate on planning for the time capsule to be placed in the renovated Sherman Building. And then, our Honors Committee will be helping with the plans for displays and information in the

Honor Room of the new Scott Building.

Further, Floor Managers are getting several suggestions/problem reports from residents. Some of the time such suggestions and problems can be resolved by the Floor Representatives. Some issues will be assigned to RAC committees for research, coordination and resolution.

Lastly, we would like to invite you to our monthly RAC meeting. They are informative and provide a forum for your recom-

mendations and concerns.

Joseph Wachter



Joseph Wachter visits with Colonel Dana G. Venenga who attended the AFRH Advisory Council meeting for Keesler, AFB Medical Group.

From the AFRH-G Administrator



November was a very busy month filled with a variety of activities for our residents. The highlight of the month was our Community Day, held on November 12. The weather moved us inside

but it didn't dampen the enthusiasm as guests and friends of the AFRH-G poured into the lobby to see the displays and get a tour of the Home. There were a variety of folks in attendance, ranging from school age children, to active duty military, prospective residents, curious neighbors and even Gulfport Mayor George Schloegel. We are very grateful to Captain Rick Burgess, Commandant from the Navy Seabee Center, for serving as our guest speaker. The support our community gives to the veterans of the AFRH-G is evident year round and hosting a Community Day is our chance to open our doors to our neighbors and say thank you. Our residents were most gracious hosts. See page 8 for a photo recap of Community Day.

With the holiday season upon us, it doesn't look like things will slow up anytime soon. Our Recreation staff has scheduled holiday performances from many talented groups in the community. There's nothing that will get

you in the holiday spirit any faster than listening to beautiful music and seeing the enthusiasm of children as Christmas Day approaches. Many of our residents have wonderful memories of holiday seasons gone by. Why not fully participate in this year's holiday season and add more pages to your memory book.

There was a big turnout for the Senior TV focus group that was held this past Thursday. For those that could not be attendance, Senior TV will be another option for television programming and internet services for residents starting this month. In addition to providing quality television programming and internet services to you at a discounted price, Senior TV also gives the AFRH Administration the ability to broadcast a variety of activities to our resident population. Under our current contract, we are restricted, due to costs, as to the number of videos we can air per month. With Senior TV, that restriction will be lifted. We will, in effect, be able to manage our own in-house station however we choose, which gives us an excellent opportunity to give our residents more information, more event photos and video coverage of many activities that can be aired on a regular basis. If you haven't signed up yet and are interested in doing so, or if you have questions, please see someone in Resident Services.

We have enjoyed some beautiful weather this fall in south Mississippi but as we move into the winter months, the cooler temperatures will keep some of us indoors more

than we are used to. For smokers, this can be quite challenging. The smoke shack's heater is in operation and I encourage you to continue to use that area for smoking. For those of you that use oxygen, please be aware of the dangers you pose to yourself, and others, if you choose to smoke with an oxygen tank in use. Along with oxygen, heat and fuel are the things that support a fire. Heat sources near your system, such as open flames and smoking, are very dangerous. Do not smoke or be near an open flame with oxygen.

We welcomed 11 new residents this month bringing our total to 518. A special note of thanks to our new resident sponsors for the great job they do helping our new residents settle in. Their efforts are appreciated.

Lastly, if you haven't purchased a 2013

calendar from our own AFRH Calendar girls, it's not too late to do so. The ladies have raised nearly \$10,000 with all proceeds going to feed the homeless and needy in south Mississippi. What a great example of giving back to the community that has been so supportive of us. We should all be proud to be associated with fellow veterans with such good hearts.

Most of you know that Mary Kay has accepted a PAO position at the VA. She has served the residents with outstanding professionalism and compassion and as our Navy residents would say, "fair winds and following seas."

Have a wonderful holiday season.

Chuck Dickerson

Combined Federal Campaign Fund Raiser

Susie Baumunk makes sure that AFRH-G Administrator Chuck Dickerson gets plenty of 'pie in the face' during a CFC fund raising event held earlier this month. The AFRH-G raised over \$6,257 for the Combined Federal Campaign.



Calendar Girls raise money for worthy cause

The AFRH Calendar Girls, as they are affectionately called, have found a way to continue to give to their community. The group of 14 military veterans literally took off their clothes to raise money for the hungry in south Mississippi.



The women created a 2013 calendar which will benefit Feed My Sheep, a not for profit, non-judgmental, faith based organization dedicated to providing nourishment to the homeless, homebound and needy of the Gulfport area. To date the ladies have raised nearly \$10,000 and sales are still going strong. The women said they chose to be in the calendar as a way to give back to the community and for the fun of it. As some of the first women in the military, they have led extraordinary lives and continue to do so.

The calendars are available for \$15 in the Souvenir Shop located on the first floor.



Notes from the AFRH-G Chairman, Resident Advisory Committee



Bill Parker

November, here on the MS Gulf Coast is the beginning of cooler weather-light sweater; jackets were needed for the residents headed out for their various activities. Our resident count this month is 518 and

we welcomed several new residents that will add to our family.

Fred and his talented team in the Food Service Department exceeded our expectations again. We have been pleased with the courteous service, tasty food and excellent care they put into each meal and particularly Birthday Night. Ms Goldie entertained us in grand fashion after she returned from her Reunion with her former Army Entertainers. Goldie traveled to the reunion with Ms. Diana Dopp and conducted her girls in a wonderful night of musical entertainment.

The gardens are growing; not only with the beautiful plants but the raised flower bed in the northeast side of the property is a delight to visit. Take a minute and

walk back there and check it out, well worth your time to do so. We are proud of our Beautification/Garden committee and all their hard work. It's only getting better.

Many compliments have been shared for the "New" addition to the entrance of the home. The flags at the entrance have been purchased and donated by various members of our RAC members. The generosity continues from our family here at the AFRH-G. Every Tuesday evening the state flag will be replaced with another state flag. SO, for the next year we will have a new flag flying on the sixth pole from the entrance of the home. We again have so much to be thankful for - working as a team gets results. Special thanks to Harry Rhizor and the American Legion for their kindness and generosity.

Let's now turn our attention to a unique group of women who reside in our home. These 14 young ladies have donated their time, ideas and 'selves' to put together a "2013 Veterans Women's Calendar." On October 31st, we had the Mayor of Gulfport come and officially receive the first Calendar, as the local media captured this moment. The local charity "Feed My Sheep" received their first check. This local charity was chosen by the ladies to benefit from the proceeds that result from calendar sales. The public has em-

braced the efforts from these Women Veterans, who have served their country and continue to serve their community. We are proud of their time and effort they have put into this project.

Evening dances are still a popular event planned at the home on certain Friday evenings. Special thanks to all those folks who remain at the dance until the last song is played. The success of the dances, as well as other special nights, whether it is bingo, birthday night dinners or day dances, depends on us. We need to show our support and plan time to be a part of the activities offered to us each month.

As the new Resident Advisory Committee settles into their new/old responsibilities, we have the following to report:

ANNOUNCEMENTS:

-Thanks again for helping to make this a Friendlier/Happier/Patriotic Home!

-Appoint as Floor Rep Milton

(MJ) Reiss C-8, Charles Moore C-7, Alternate Diana Dopp C-7.

REVIEW OF PREVIOUS MINUTES:

-Minutes of Meeting for October 9 were approved.

OLD BUSINESS:

-Approved recommendation to fly our States and Territories Flags starting 1 January 2013 on an alphabetical basis.

-Chair briefed the results of the cost for music at the Mardi Gras Dance.

NEW BUSINESS:

-RAC received updates from all Committee Chairpersons.

-Financial Reports for Sep & Oct 2012 were reviewed.

-Recommended approval of a request from Jon Gunn to purchase two copies of Windows 8 to be installed, one in each of two Computer Rooms.

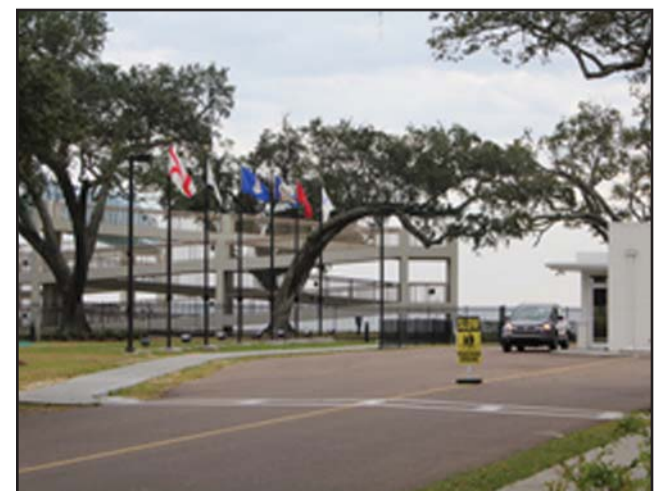
-Recommended approval of a request from Neal Stone to purchase a Dedication Plaque for the Reflection Pool. Bill Knight will spearhead this project and report back.

Many thanks again to the staff, management, volunteers and residents that continue to make this a better place to live.

"United we stand... Let's keep it that way!"

ENJOY!!!

Bill Parker



Military Heritage

Flags on display at the entrance of the AFRH-G.

AFRH-G November Activities

Rupert Maxwell: A Clay Vessel In The Hands Of The Potter

By Milt Williams, Art Specialist

The Ceramic Room has a new recreational tool, a Pottery Wheel. We also have a resident who has put his mind to learning and operating it, Rupert Maxwell, who makes it look easy and fun, placing a ball of clay in the center of a spinning wheel and shaping it into a bowl. In July he took a pottery class and as he puts it, "been playing in the dirt" making bowls, cups, plates, all starting with a ball of clay the size of a baseball weighing about one pound. It's neat watching him easily shape the clay into a vessel. Well, neat yes, but easy, maybe not. You have to put all your strength into positioning this clay in the center of the wheel as it is spinning, called "center-

ing the clay" and that clay is not so willing. Rupert has learned this and has about 30 vessels to prove it. And like most creative people, he wanted to make larger bowls and pitchers using 2 and 3 pound balls of clay. Now if centering clay is a challenge with a little ball of clay just think how much more a larger one is. Hmmm! Well, he put his mind to working and came up with a homemade Centering Arm that he designed, fabricated and attached to the wheel and as Rupert would say "Folks, it works." You can see him working that clay most any day except on Sundays when he's at church thanking the Lord God for his gifts. Come by and watch an aspiring potter who has been called the "Glad Potter of Gulfport" spin a clay vessel.



Rupert Maxwell at work in the Ceramic Room.

Hurricane Hunters land at AFRH-G

By Sean Campbell, Recreation Specialist

The Hurricane Hunters paid a visit to AFRH-G on Nov 20, but luckily they were not tracking a storm. Lt. Col Roy J. Deatherage, Meteorologist with the 53rd Weather Reconnaissance Squadron "Hurricane Hunters" gave a briefing on the organization and their mission as well as entertained questions from residents. In addition to learning of the history of the organization and its mission specific equipment, residents were able to hold in their hands an actual dropsonde used in obtaining information on tropical storms and hurricanes.



Lt. Col Roy J. Deatherage, Meteorologist with the 53rd Weather Reconnaissance Squadron "Hurricane Hunters," briefs residents in the Community Center.

Valor & Loyalty Hall Bingo gets big MPACT

By Susan Bergman, MT-BC, Recreation Services

On Thursday, October 26, volunteers for MPACT joined residents on Valor & Loyalty Hall for some outstanding bingo games! MPACT is the MGM Resorts Beau Rivage employee volunteer program in which employees provide community outreach and service to others to make a difference in Mississippi. MPACT volunteers paired up with residents to double their odds of winning. These volunteers also surprised residents with amazing prizes such as bathrobes, shirts, jackets, and sweat-suits. Residents faces lit up with excitement saying, "for me...I've never even had a bathrobe in my entire life." As a new community partnership, MPACT plans to return for bingo games in November and December. This experience truly made an MPACT on the volunteers and residents! **Richard Halloran enjoys the MPACT volunteers.**



A Musical Week at AFRH-G

By Sean Campbell, Recreation Specialist

AFRH-G residents were treated to not one, but two visits by military service bands in one week. The Ice Cream Social at AFRH-G on Nov. 5th had a fun musical addition as the Navy Band New Orleans stopped by on their way home and wanted to perform for the residents. Ice cream never tasted so good as the band belted out tunes ranging from Dixieland Jazz and to the finale including several military tunes. Two days later, in celebration of the Marines 237th Birthday, the Marine Band from New Orleans visited and entertained residents with their unique combination of music and song. Musical selections ranged from "who dat" music to various notable Sousa marches. It is always a pleasure to have the military service bands perform.



The Navy Band New Orleans performs on Nov. 5th at an ice cream social.



The Marine Corps Band from New Orleans performs on Nov. 7.

Gulfport Women's Club Hosts Tea

By Laura Slack, Chief, Resident Services

On Thursday, November 15th, the Gulfport Women's Club converted the Community Center into a Tea Room for the residents. The decorations were nicely done, tea was served from an eclectic collection of tea pots and the finger foods were delicious. This is the second year the Gulfport Women's Club has hosted the Tea and their president said they want to continue this event for years to come. The Residents wore an array of hats from funny, formal, handmade, store bought and creative. The Women's Club gave out five prizes for the hats and also provided numerous door prizes. Everyone had a great time and look forward to next year.



Mary Nelson opens a gift at the tea party.

A Collage of Monthly Events on Valor & Loyalty Hall

By Susan Bergman, MT-BC, Recreation Services

Looking back through the pictures of events, the fall memories are endless. Here are two snapshots of recent Recreation events for Valor & Loyalty Halls captured in photographs. October 31, Naomi Pointer captured second place in the Halloween party costume contest as "a pretty lady." Cheers came loudly for the Navy Band New Orleans at the November 5 Ice Cream Social and Valor residents, Earlene, Jack, & Ebbie, showed their patriotism with volunteers at the Gulfport Veteran's Day Parade on November 10. On Monday November 12, residents celebrated Community Day throughout the building and grounds with volunteers from various organizations including drill teams demonstration and displays. Ebbie Simpson gave a tour of the art rooms to military volunteers from PCU America and Arlington (ships that are being staged in



Naomi Pointer took 2nd place in the Halloween contest.



Pascagoula, MS). Marvin Haynes beamed with a visit from the Hooter Girls. It has been an exciting autumn with Christmas excitement to come!

Residents of Valor Hall attended the Gulfport Veteran's Day Parade on November 10.

AFRH-W November Activities

Halloween Poker Walk & Wheels

By Carol Mitchell

Even though we were in the midst of dealing with Hurricane Sandy's aftermath, the soldiers from the United States Army Signal Detachment School out of Ft. Meade, Maryland, volunteered to assist Recreation Therapy with their annual King Health Center Halloween Poker Walk & Wheels Social. The event took place on Wednesday, October 31st with 50 residents and 15 employees participating. The residents and employees picked up a card and candy at each Halloween station for a

total of five cards... hoping that they would pick the best poker hand. The first station known as Haunted House Hill graveyard was manned by resident warlock Bill Jenterra. He checked in residents and employees and sent them off to the second station the Mummy's Curse pyramid which came to life with the help of Recreation Therapy Assistant Sarah Kenan, Adrian Dawkins, and Mummy Man Kendall Banks. The third station - batty bat alley where residents and employees received their third card was operated by USASDS volunteers. Residents and employees then wheeled or walked to the fourth station known as the Creepy Corn maze where the USASDS volunteers distributed another card and sent the participants on to the last and final station. After picking up their last card from warlock Bill everyone proceeded to enjoy cake, beverages, and more candy! Special thanks to all the residents, employees, and volunteers for making this annual event a wonderful success.

Halloween Contest Winners

Best Poker Hand Resident
-Don Stout (Full House)
Best Poker Hand Employees --
Margaret Atufu (Three of A Kind)
Guess The Weight of The Pumpkin
-Anntonette Boyd
Guess The Number of Candies in the Tub
-James Barker



CNA Pat Lowry helps Richard Pastirchak pick a card for his poker hand from resident volunteer Bill Jenterra.

Resident/Employee Halloween Costume Contest & Ice Cream Social

By Michele Bailey (Recreation Assistant)

Dressing in weird costumes and makeup, going door-to-door for candy handouts, and putting pumpkins and skeletons on your door--doesn't that seem like the strangest of all days? At AFRH-W, it's also one of the funniest. Our annual Halloween Costume Contest and "I-Scream" Social on October 31st, offered fun activities, lots of laughter and creative getups from Residents, employees and volunteers.

In the contest, Jenn Hinkle, dressed as a Sexy Pirate Wench, won 3rd place. Nicole Chappell dressed as a Cat Woman, won 2nd Place. 1st Place was won by Karla Norris (Food Service) dressed as Cleopatra. Martha William won Funniest Costume dressed as a Witch. Maria Silva Vargas dressed as a Pirate won Scariest Costume and myself dressed as a Flapper, won Sexiest Costume. Lori Thompson dressed as a Witch, won Most Original Costume. But it was easy to see that the residents' favorite part of the day was the costume contest and especially the participation by employees.

Residents Margaret Jirak, Don Egolf and Les Smith served as judges. Our very own Resident-DJ Billy White got our feet moving with a music mix of Halloween favorite tunes like "Thriller," "Monster Mash," "Ghost Busters" and good, ole-fashioned 1950's music. Our ghoulish thanks goes out for a team effort to Jerry Carter (Fitness Specialist), Christine Baldwin (Library Specialist), Lori Thompson Art Specialist, Nicole Chappell (Recreation Specialist/ Cat Woman), Mary Catherine (Recreation Team Leader) & Jenn Hinkle (Volunteer/ Sexy Pirate Wench). Thanks also go out to all the participated in the Costume Contest for adding to the fun atmosphere with their fabulous costume getups.



Resident Martha Williams (center) is surrounded by her favorite Halloween friends.

Strawberry, chocolate or vanilla

LaGarde hosts Ice Cream Social

By Steven Briefs, Supervisor to Recreation Therapy

Even Hurricane Sandy couldn't keep the residents in the King Health Center from gathering in the Recreation Center for some delicious ice cream. Our volunteers from the Friends of the Home braved the rainy conditions and came out to help greet and serve our residents.

We served chocolate, vanilla bean and strawberry ice cream and then offered whipped cream, caramel or chocolate syrup toppings to go along with this treat. Residents had a chance to socialize with their friends and volunteers talking about the weather, politics and some sports. Ray Anderson played a nice variety of old time music on the organ that everyone thought was great.



John Hughes (right) and a volunteer from the Friends of the Soldiers' Home serve up big scoops of ice cream.



Residents Alma Wilson and Frances McAleer enjoy conversation along with ice cream with all the toppings.

Halloween Card Making Workshop a Hoot



By Lori Thompson, Art Specialist

Local card artist Maureen Martin and her assistant friend Matt Weir visited AFRH-W Residents on Sunday, October 28th. Maureen brought card making supplies and envelopes for Residents to create autumn-themed cards. The results were stunning! From Halloween pumpkins to Thanksgiving horns of plenty, the card designs were awesome. Afterwards, Residents enjoyed hot cider and treats. Maureen will be returning in early December to make winter holiday cards with Residents. We are all looking forward to seeing her and Matt again. Thank you both for the wonderful workshop!

The ALP Autumn Pizza - Birthday Luncheon

By Sarah E. Kenan Recreation Therapy Assistant

The ALP residents were looking forward to the day they would be having their Pizza - Birthday luncheon. This past Tuesday, twenty-seven residents enjoyed Ledo's pizza, which the residents said was the best in Washington! Seven of our residents (Karel E. Derooy, Erwin R. Springer, John A. Williams, Edward F. Davis and Donald N. Stout) celebrated birthdays this month. Happy Birthday to all!! For dessert we had homemade marble poker cake with chocolate butter cream frosting and a fresh blueberry cake. Then to top it off, the residents had a choice between root beer soda or peanut butter milk shakes. The residents surprisingly loved the peanut butter milk shakes, they couldn't get enough of those milk shakes!!



Cruising the Potomac



Residents enjoy plenty of turkey and dressing during their cruise on the Potomac.



Corrine Robinson and Bill Wood hit the dance floor with other residents, active duty and military family members.



These young service members get into the action with their version of dancing on the Potomac.

Special thanks to the Entertainment Cruises and the Washington Waterfront Association for allowing AFRH to attend this wonderful event!!!!



Billy Williams points out that he has all the dance moves for this daytime cruise.



Active duty members check out the Women Veteran's Calendar during the Open House held on November 12.

Veterans Day Open House

Community shows support of Veterans of the AFRH-G



Mike Longwell poses for a photo with the Hooter Girls.



Captain Rick Burgess stands at attention as the colors are posted during the Veterans Day ceremony.



Les Crawshaw shows local school children on a world map the different places he served while in the Marines. The children were eager to see all the places residents had served over the years.